

Consult your healthcare professional prior to use if you have or suspect a medical condition or are taking prescription drugs. Do not use if you have or suspect liver, kidney, bone, blood vessel, heart or lung disease or a calcium disorder. Not for use by children or women who are pregnant or lactating. Side effects from too much vitamin D may include persisting nausea, vomiting, poor appetite, weight loss, frequent urination, depression, headache, drowsiness, or pain. Doses of 10,000 IU/day of vitamin D or higher should not be used continuously for more than 6 months, particularly during consistent sun exposure, unless recommended by a health care provider. Having your blood level of vitamin D measured is the most accurate way to determine the appropriate daily dose to meet your body's needs.

**STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

*Experimental research and some population studies indicate that an adequate intake of vitamin D may help maintain prostate, breast and colon health.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ITEM: 6014 F: 3002351 L: 2006235-15197



NATROL[®] Vitamin D₃ 10,000IU

Maximum Strength

- May Help Promote Prostate, Breast and Colon Health^{†*}
- Essential for Bone Health[†]

60 Tablets
Dietary Supplement



Directions: Take 1 tablet daily, 5 times a week, with a meal.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV [^]
Vitamin D ₃ (Cholecalciferol)	10,000 IU 2500% [^]
Boron (from Boron Citrate)	3 mg ^{^^}

[^] Percent Daily Value (DV) are based on a 2,000 Calorie Diet.

^{^^} Daily Value not established.

Other Ingredients: Dibasic Calcium Phosphate, Cellulose, Stearic Acid, Silica, Cellulose Gum, Magnesium Stearate, Methylcellulose, Maltodextrin, Glycerin.

Manufactured by NATROL LLC
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www.natrol.com

NO Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Wheat, Peanuts, Soybeans, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives.

LOT/EXP: